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formed generally in accordance with the teaching of U.S. Patent No. 4,858,338 (Schmid), the entire contents of which are hereby incorporated by reference, wherein crossed fibers of a straight graphite strip and an angled graphite strip are used to cradle the first metatarsal head of the foot, provide maximum stiffness to resist torsion in both directions and activate the rocker bottom system, as discussed below. In the particular embodiment illustrated, however, a heel 18 having a greater height is provided. Further, in a preferred embodiment of the present invention, the graphite fibers will extend to the end of the shape of the plates 22, 24 and the fibers will be disposed in three different directions. There are preferably approximately twenty layers of graphite fibers in the plates 22, 24 of the present invention, each layer providing increased shock absorption and energy release along the path of the gait cycle, as described in greater detail below.

On page 12, replace paragraph 44 with the following new paragraph:

12  
Therefore, the present invention provides a shoe sole having an energy return system which may be particularly useful in athletic shoes. The shoe sole may be useful in activities such as walking, jogging, sprinting, aerobics, distance running, high jumping, pole vaulting, bicycling, and tennis. The number of graphite layers employed is selected to accommodate the weight and size of different users. Thus, the shoe sole may be used by persons of virtually all ages and body types.

In the Claims:

Please amend Claims 1, 5, 8, 19, and 20 as follows:

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